# AIRE STRIDER *E60*
# HEALTHRIDER

**Model No. HRCCEL59930**
**Serial No. _____**

Serial Number Decal
(underneath frame)
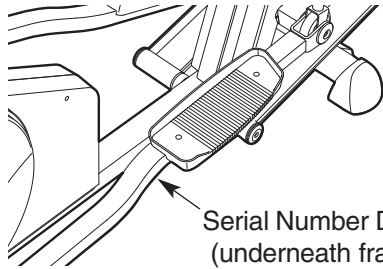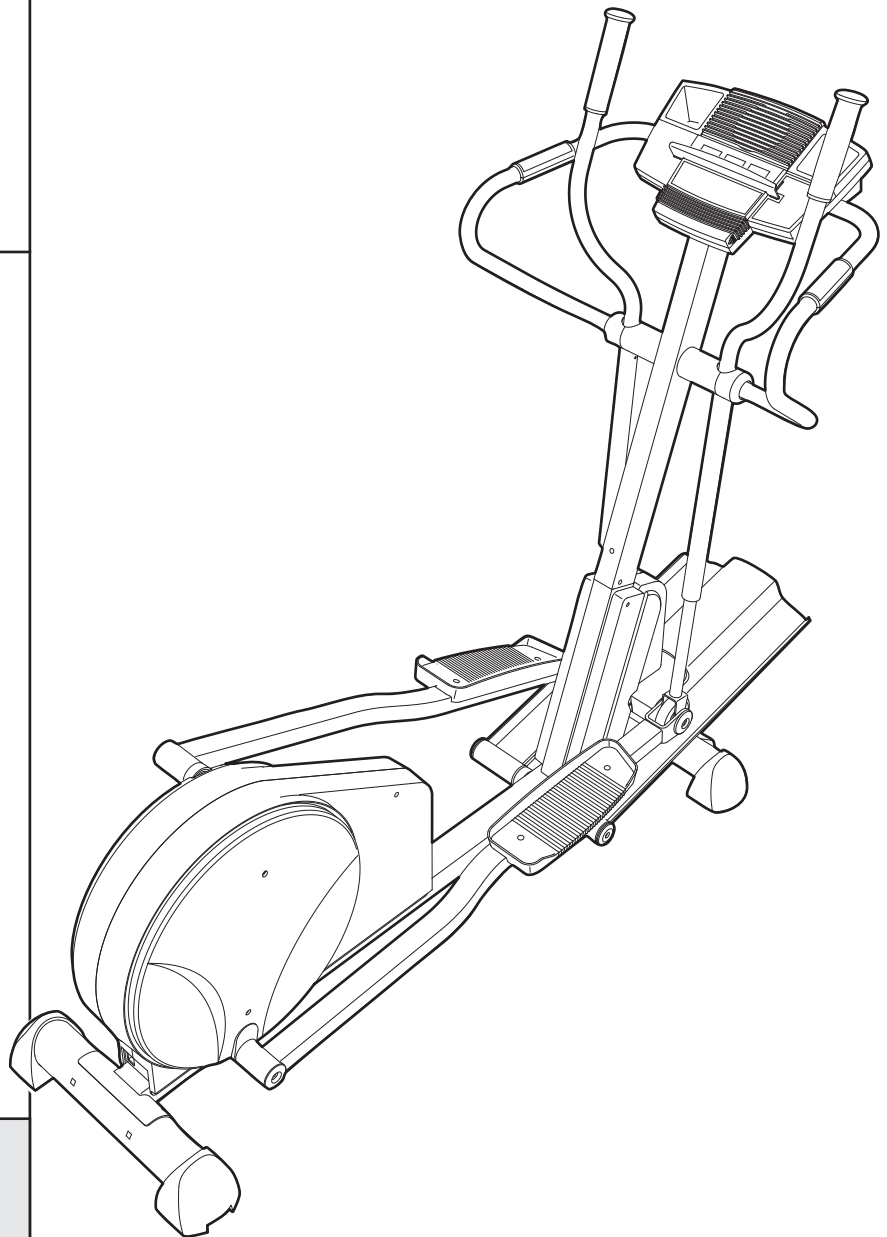
## QUESTIONS?

**As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:**

**1-888-936-4266**

**Mon.–Fri. 8h00 until 18h30 EST (excluding holidays).**

## ⚠ CAUTION

**Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.**

**Visit our website at**

**www.healthrider.com**

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HealthRider is a registered trademark of ICON IP, Inc.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. Read all instructions in this manual before using the elliptical exerciser.

2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.

3. The elliptical exerciser is intended for in-home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.

4. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical exerciser indoors, away from moisture and dust.

5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

6. Keep children under age 12 and pets away from the elliptical exerciser at all times.

7. The elliptical exerciser should not be used by persons weighing more than 250 pounds.

8. Wear appropriate exercise clothing when using the elliptical exerciser. Always wear athletic shoes for foot protection.

9. Always hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical exerciser.

10. Keep your back straight when using the elliptical exerciser; do not arch your back.

11. If you feel pain or dizziness while exercising, stop immediately and cool down.

12. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

13. When you stop exercising, allow the pedals to slowly come to a complete stop. The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.

14. Always unplug the power cord immediately after use and before cleaning the elliptical exerciser.

15. The decal shown below has been placed on the elliptical exerciser. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-936-4266 and order a free replacement decal. Apply the decal in the location shown.
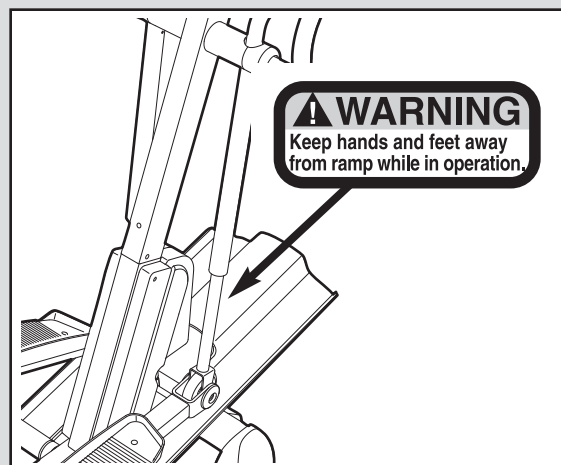


**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
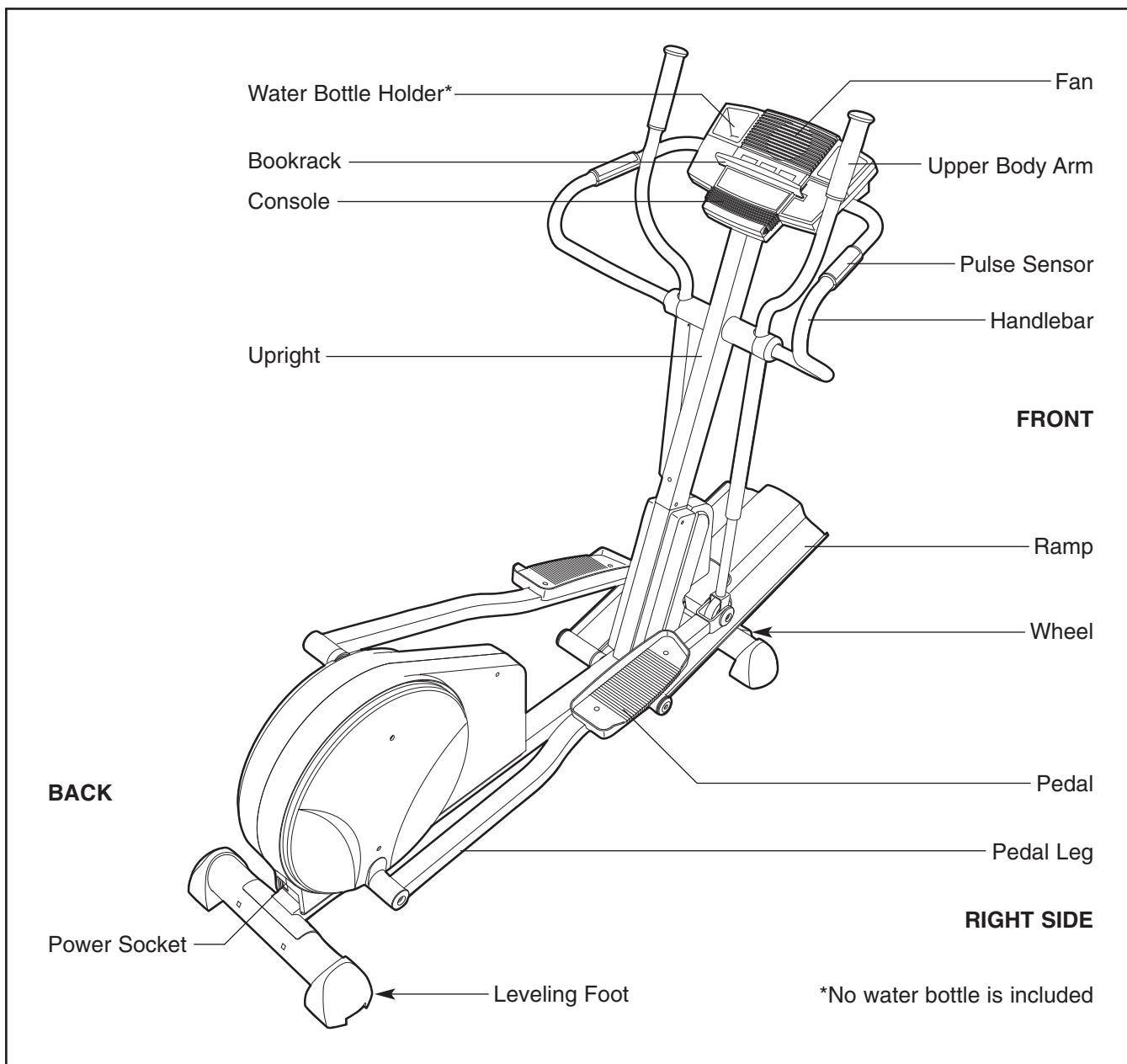
# BEFORE YOU BEGIN

Congratulations for selecting the new HealthRider®
AIRE STRIDER E60 elliptical exerciser. The AIRE
STRIDER E60 is an incredibly smooth exerciser that
moves your feet in a natural elliptical path, minimizing
the impact on your knees and ankles. And the unique
AIRE STRIDER E60 features adjustable resistance
and incline to help you get the most from your exercise.
Welcome to a whole new world of natural, elliptical-
motion exercise from HealthRider.

**For your benefit, read this manual carefully before
you use the elliptical exerciser.** If you have any

questions after reading this manual, call our Customer
Service Department at **1-888-936-4266**, Monday
through Friday 8h00 until 18h30 Eastern Time
(excluding holidays). To help us assist you, please
note the product model number and serial number
before calling. The model number is HRCCEL59930.
The serial number can be found on a decal attached
to the elliptical exerciser (see the front cover of this
manual for the location of the decal).

Before reading further, please familiarize yourself with
the parts that are labeled in the drawing below.



Water Bottle Holder*

Bookrack

Console

Upright

BACK

Power Socket

Leveling Foot

Fan

Upper Body Arm

Pulse Sensor

Handlebar

**FRONT**

Ramp

Wheel

Pedal

Pedal Leg

**RIGHT SIDE**

*No water bottle is included

# ASSEMBLY

**Assembly requires two persons.** Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included allen wrenches, assembly requires a phillips screwdriver** ⬚⬚⬚ **, two adjustable wrenches** ⬚⬚⬚ **, a rubber mallet** ⬚⬚⬚ **, and pliers** ⬚⬚⬚ **.**

As you assemble the elliptical exerciser, use the drawings below to identify the small parts used for assembly. The number in parenthesis below each drawing is the key number of the part, from the PART LIST on pages 24 and 25. The number following the key number is the quantity used for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled.**

| | | | | | |
|---|---|---|---|---|---|
| M6 Washer (64)–2 | M8 Washer (66)–2 | Torque Washer (113)–2 | M10 Split Washer (57)–3 | M8 Nylon Jam Nut (86)–6 | M10 Nylon Locknut (89)–4 |

M6 x 16mm Patch Screw (76)–4

M6 x 48mm Flat Head Screw (83)–4

M8 x 19mm Patch Screw (111)–2

M10 x 25mm Button Screw (114)–3

M8 x 63mm Bolt Set (65)–2

M4 x 16mm Round Head Screw (96)–1

M4 x 16mm Screw (98)–4

M10 x 92mm Carriage Bolt (63)–2

M8 x 42mm Button Bolt (85)–4

M10 x 105mm Carriage Bolt (115)–2

M8 x 35mm Button Bolt (105)–2

1. Identify the Front Stabilizer (8), which has Wheels (109) attached to the front. While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 92mm Carriage Bolts (63) and two M10 Nylon Locknuts (89).

   **While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (not shown) to the Frame with two M10 x 105mm Carriage Bolts (not shown) and two M10 Nylon Locknuts (not shown).**
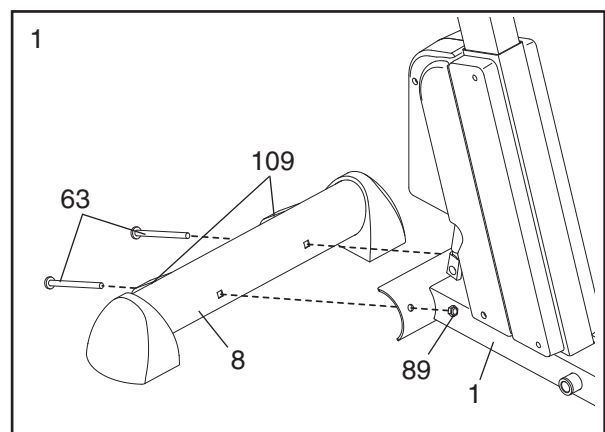
2. Identify the Pivot Axle (14), which is the longest axle. Slide a Ramp Cover (48) onto an M6 x 16mm Patch Screw (76) as shown. Tighten the Patch Screw into one end of the Pivot Axle. Apply a small amount of the included grease to the Pivot Axle.

   Have a second person hold the two Ramp Spacers (99) against the sides of the Frame (1) so they cover the indicated tubes on the Frame. Align the round tubes on the Ramp (3) with the Ramp Spacers; **make sure that the Ramp is turned as shown in drawing 3 below.** Insert the Pivot Axle (14) into the Ramp, the Ramp Spacers, and the Frame. If necessary, tap the Pivot Axle with a rubber mallet to insert it.

   Slide the other Ramp Cover (48) onto an M6 x 16mm Patch Screw (76) as shown. Tighten the Patch Screw into the open end of the Pivot Axle (14).
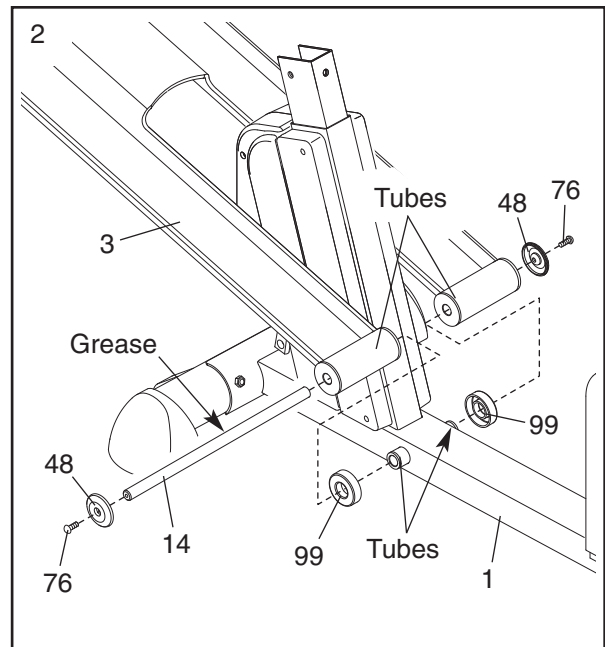
3. Slide an M6 Washer (64) onto an M6 x 16mm Patch Screw (76). Tighten the Patch Screw into one end of the Incline Axle (13). Apply a small amount of grease to the Incline Axle.

   Raise the Ramp (3). Insert the Incline Axle (13) into the welded tube under one side of the Ramp, through the motor screw, and then into the welded tube under the other side of the Ramp. **As you insert the Incline Axle through the motor screw, make sure that the motor screw does not turn.**

   Slide an M6 Washer (64) onto an M6 x 16mm Patch Screw (76). Tighten the Patch Screw into the open end of the Incline Axle (13).
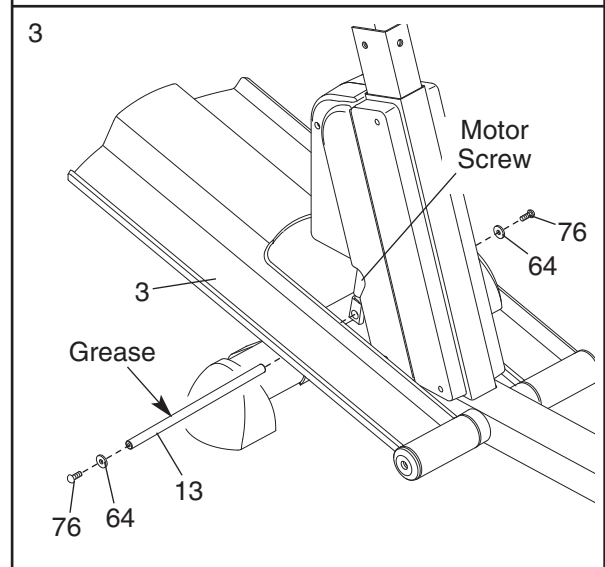
4. Have another person hold the Upright (2) in the position shown. **Make sure that the Upright is turned as shown in drawing 7 on page 8.**

   Connect the Upper Wire Harness (95) to the Lower Wire Harness (42). **Carefully pull the upper end of the Upper Wire Harness to remove the slack from the Wire Harnesses.** Slide the Upright (2) onto the Frame (1). **Be careful to avoid disconnecting or pinching the Wire Harnesses.** Attach the Upright with three M10 x 25mm Button Screws (114) and three M10 Split Washers (57).
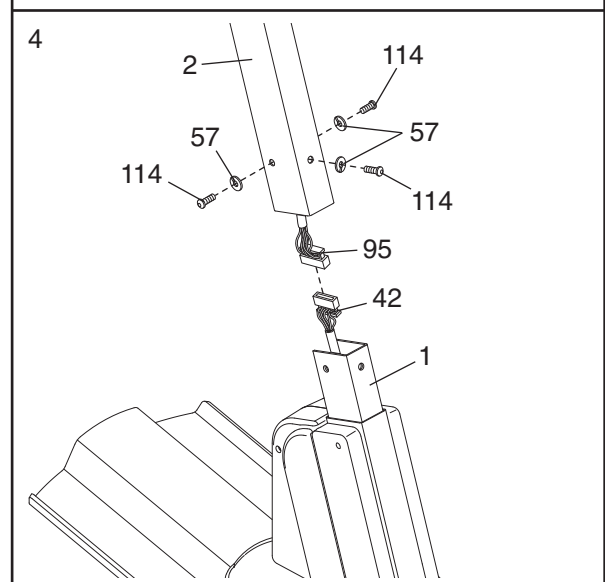
5. Apply a small amount of grease to the axle on the Left Crank Arm (34).

   Identify the Left Pedal Leg (4), which is marked with an "L" sticker. Slide the Left Pedal Leg onto the axle on the Left Crank Arm (34). (Note: It may be helpful to use a rubber mallet to tap the Left Pedal Leg on. **Do not confuse the Left Pedal Leg with the Right Pedal Leg [not shown].)** Attach the Left Pedal Leg with an M8 x 19mm Patch Screw (111), an M8 Washer (66), and a Torque Washer (113).

   **Attach the Right Pedal Leg (not shown) in the same way.**

   See the inset drawing. Identify the Left Pedal (10), which is marked with an "L" sticker. Attach the Left Pedal to the Left Pedal Leg (4) with two M6 x 48mm Flat Head Screws (83). Note: The Left Pedal can be attached in any of three positions using the three sets of holes in the Left Pedal Leg.

   **Attach the Right Pedal (not shown) to the Right Pedal Leg (not shown) in the same way.**

6. Hold a Pedal Wheel (28) inside of the bracket on one of the Upper Body Legs (31). Hold the Upper Body Leg and the Pedal Wheel inside of the bracket on the Left Pedal Leg (4). Slide a Pedal Leg Cover (33) onto the long side of an M8 x 63mm Bolt Set (65), and insert the Bolt Set into the Left Pedal Leg, the Upper Body Leg, and the Pedal Wheel.

   Slide a Pedal Leg Cover (33) onto the short side of the M8 x 63mm Bolt Set (65) and tighten it into the long side of the Bolt Set.

   **Attach the other Upper Body Leg (not shown) and the other Pedal Wheel (not shown) to the other side of the elliptical exerciser in the same way.**
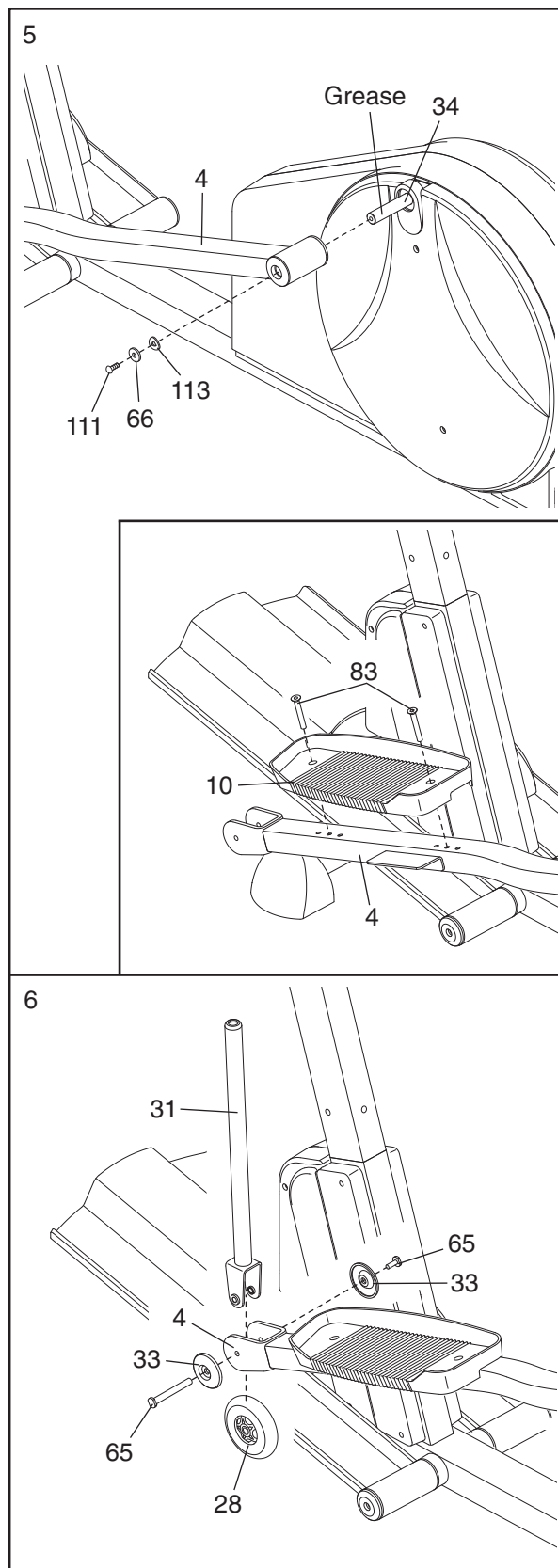
7. Apply a small amount of the included Teflon® lubricant to a paper towel. Rub a thin film of the lubricant onto each Upper Body Leg (31).

Identify the Left Upper Body Arm (112), which is marked with an "L" sticker. Slide the Left Upper Body Arm onto the left Upper Body Leg (31). Slide the Right Upper Body Arm (118) onto the right Upper Body Leg (not shown). **Make sure that the Upper Body Arms are on the correct sides.** Next, slide an Axle Cover (26) onto the post on each Upper Body Arm.

Apply grease to the Arm Axle (19). Insert the Arm Axle into the Upright (2), the right Axle Cover (26), and the Right Upper Body Arm (118). Next, push the Arm Axle into the Upright **until the left end of the Arm Axle is flush with the left side of the Upright.** Then, raise the Left Upper Body Arm (112), and insert the Arm Axle into the left Axle Cover (26) and the Left Upper Body Arm. Center the Arm Axle and rotate it so the indicated hole is in the position shown.
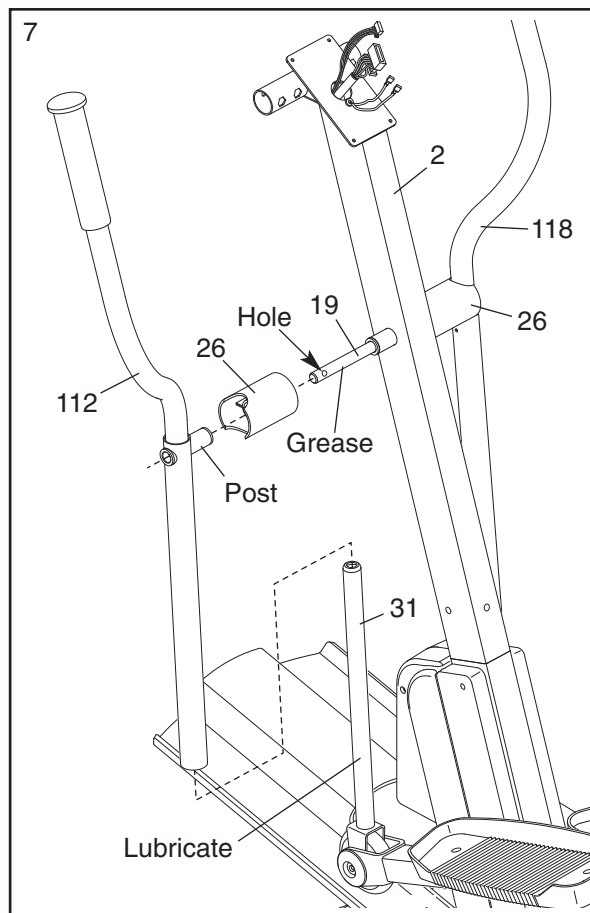


8. Have another person hold the Left Handlebar (24) near the Upright (2) as shown. Connect the left Pulse Sensor Wire (20) to the Pulse Extension Wire (101). Slide an Axle Cover Endcap (91) onto the lower end of the Left Handlebar.

Slide the upper end of the Left Handlebar (24) into the tube on the front of the Upright (2), while sliding the lower end of the Left Handlebar onto the Arm Axle (19). Attach the upper end of the Left Handlebar with two M8 x 42mm Button Bolts (85) and two M8 Nylon Jam Nuts (86); **be careful not to damage the Wires (20, 101) as you insert the Button Bolts. Make sure that the Jam Nuts are resting in the hexagonal holes in the tube on the front of the Upright.** Attach the lower end of the Left Handlebar with an M8 x 35mm Button Bolt (105) and an M8 Jam Nut (86). Press the tabs on the Axle Cover Endcap (91) into the left Axle Cover (26).

Attach the Right Handlebar (23) to the Upright (2) in the same way.

Hold the halves of the Handlebar Cover (25) around the tube on the front of the Upright (2); **be careful not to damage the Wires (20, 101).** Attach the Handlebar Cover with an M4 x 16mm Round Head Screw (96).
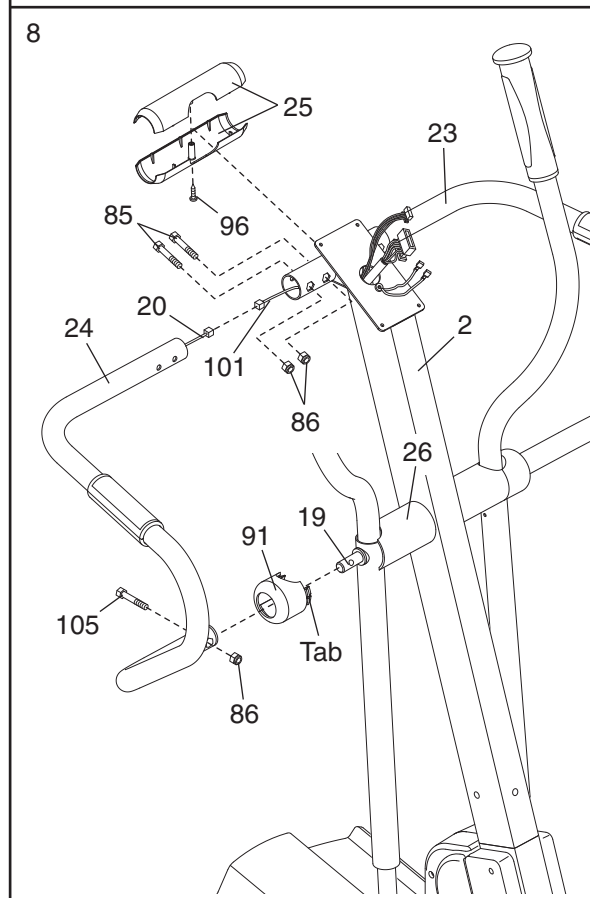
9. Have another person hold the Console (17) near the Upright (2).

Connect the Upper Wire Harness (95) to the wire harness on the Console (17). Connect the Pulse Extension Wire (101) to the pulse wire on the Console. Next, locate the two ground wires that are attached to the Upright (2). Connect the two ground wires to the two smallest wires on the Console.
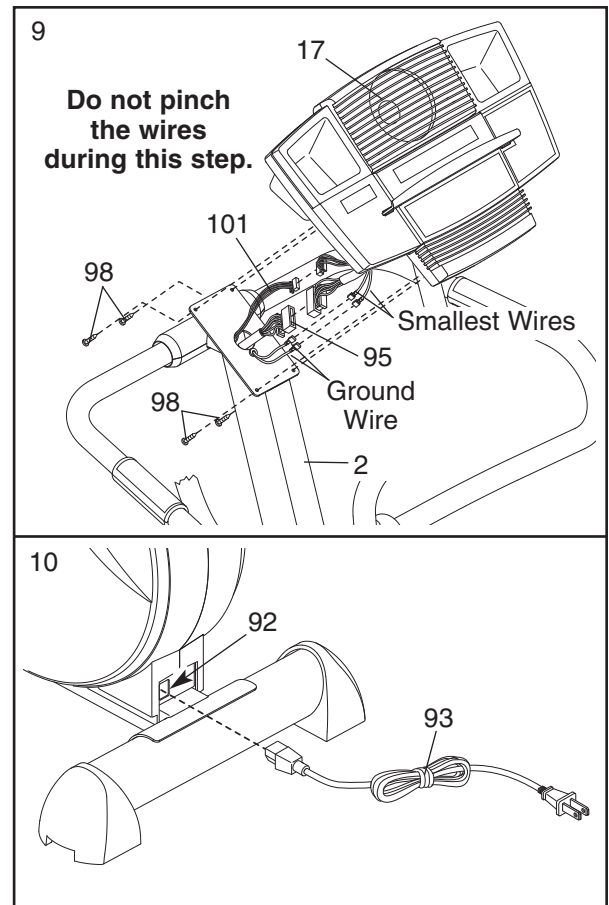
Carefully insert all excess wiring up into the Console (17) and down into the Upright (2). Attach the Console to the Upright with four M4 x 16mm Screws (98). (Note: The Screws may be found in the console box.) **Be careful to avoid pinching the wires.**

10. Plug the Power Cord (93) into the Power Socket (92) at the rear of the elliptical exerciser.

11. **Make sure that all parts of the elliptical exerciser are properly tightened.** Cover the floor beneath the elliptical exerciser to protect the floor from damage. Note: Some extra hardware may be left over.

**The elliptical exerciser is now fully assembled. If you have purchased the optional chest pulse sensor (see page 21), see the instructions below.**



9

**Do not pinch the wires during this step.**

17
101
98
98
Smallest Wires
95
Ground Wire
2



10
92
93

---

### INSTALLING THE RECEIVER FOR THE OPTIONAL CHEST PULSE SENSOR

**If you have purchased the optional chest pulse sensor (see page 21), follow the steps below to install the receiver included with the optional chest pulse sensor.**

1. Look under the Console (17) and locate the access cover. Remove the access cover.

2. Hold the receiver in the position shown, with the small cylinder at the top. Using the two screws included with the chest pulse sensor, attach the receiver to the two plastic posts (not shown) inside the access opening in the back of the Console (17).

3. Connect the wire on the receiver to the indicated wire on the Console (17). Make sure that the connectors on the wires snap together. Discard the other wires included with the chest pulse sensor.
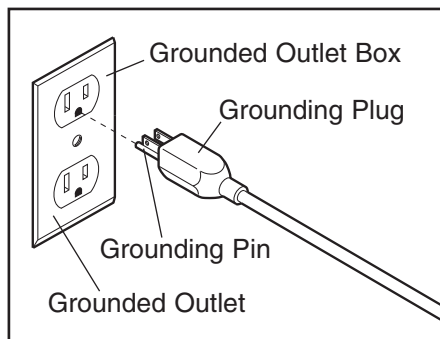
4. Reattach the access cover to the Console (17).



17
Cylinder
Receiver
Screws
Access Cover
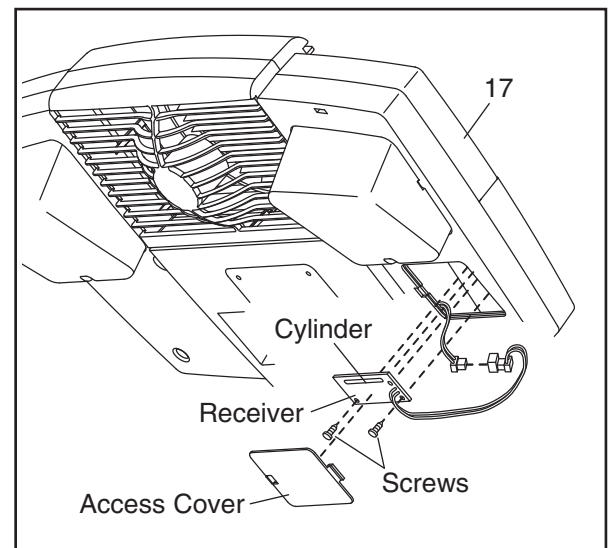
# HOW TO USE THE ELLIPTICAL EXERCISER

**HOW TO PLUG IN THE POWER CORD**

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric



Grounded Outlet Box

Grounding Plug

Grounding Pin

Grounded Outlet

current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. This product is for use on a nominal 120-volt circuit. Important: The elliptical exerciser is not compatible with GFCI-equipped outlets.**

⚠ **DANGER:** **Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.**

A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not



Grounded Outlet Box

Adapter

Lug

Metal Screw

available. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**
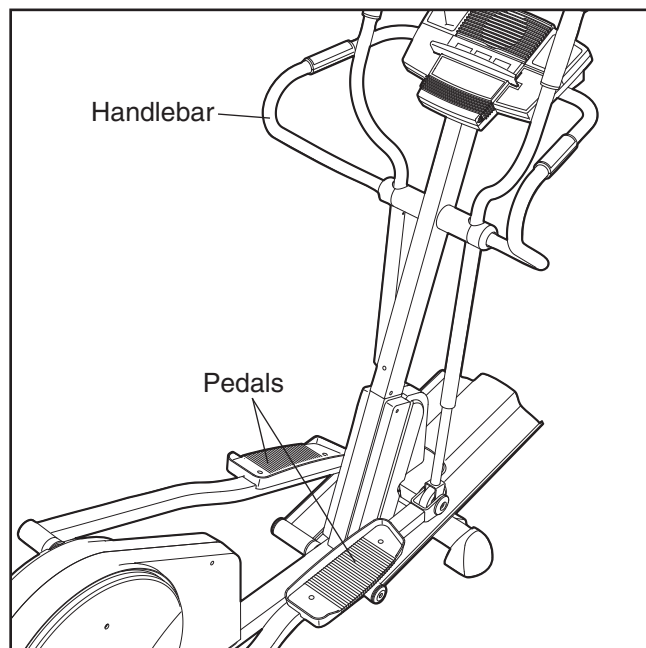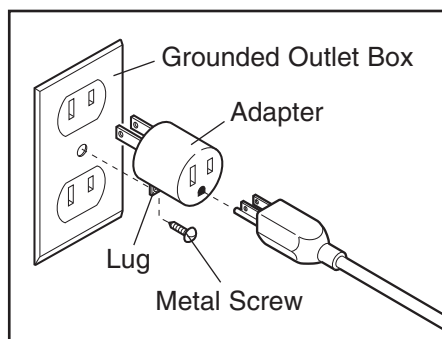
**Note: When the power cord is plugged in, the elliptical exerciser's incline system may automatically calibrate itself. During the calibration process, two dashes (– –) will appear in the left display of the console and the ramp will move to the highest position and then return to the lowest position. The calibration process will last for one to two minutes.**

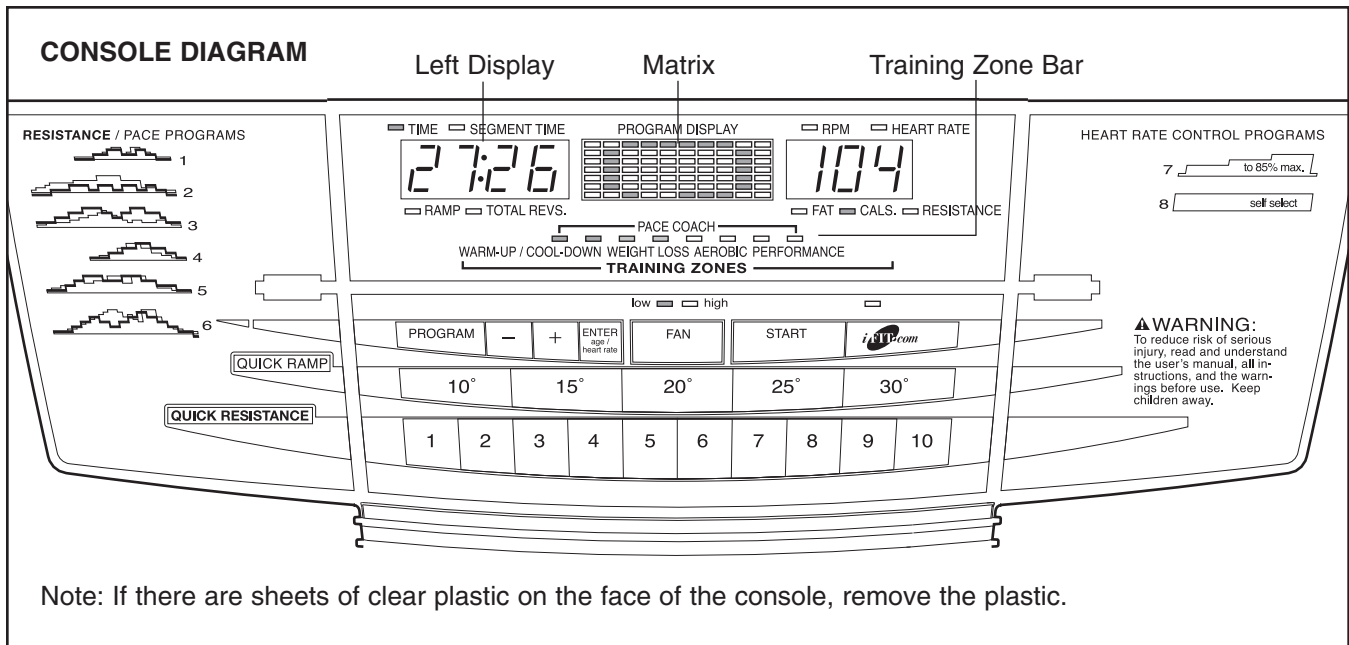**EXERCISING ON THE ELLIPTICAL EXERCISER**

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.



Handlebar

Pedals

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

**CONSOLE DIAGRAM**

Left Display    Matrix    Training Zone Bar

RESISTANCE / PACE PROGRAMS

1
2
3
4
5
6

QUICK RAMP

QUICK RESISTANCE

TIME   SEGMENT TIME     PROGRAM DISPLAY     RPM   HEART RATE

27:26       104

RAMP   TOTAL REVS.      FAT   CALS.   RESISTANCE

PACE COACH
WARM-UP / COOL-DOWN   WEIGHT LOSS   AEROBIC   PERFORMANCE
**TRAINING ZONES**

low   high

| PROGRAM | − | + | ENTER age / heart rate | FAN | START | iFIT.com |

| 10° | 15° | 20° | 25° | 30° |

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

HEART RATE CONTROL PROGRAMS

7   to 85% max.
8   self select

⚠WARNING:
To reduce risk of serious injury, read and understand the user's manual, all instructions, and the warnings before use. Keep children away.

Note: If there are sheets of clear plastic on the face of the console, remove the plastic.

### FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the elliptical exerciser and the angle of the ramp can be changed with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor. **Note: For information about an optional chest pulse sensor, see page 21.**

The console also offers six resistance and pace programs. Each program automatically changes the resistance of the elliptical exerciser and prompts you to increase or decrease your pace as it guides you through an effective workout.

In addition, the console features two heart rate programs that automatically change the resistance of the elliptical exerciser and prompt you to vary your pace to keep your heart rate near a target heart rate as you exercise.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using a stereo audio cable (available at electronics stores), you can connect the elliptical exerciser to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the resistance of the elliptical exerciser and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-888-936-4266.**

With the elliptical exerciser connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. **Explore www.iFIT.com for more information.**

**To use the manual mode, see page 12. To use a resistance and pace program, see page 14. To use a heart rate program, see page 15. To use an iFIT.com CD or video program, see page 20. To use a program from our Web site, see page 21.**

## HOW TO USE THE MANUAL MODE

**1 Press any button on the console or begin pedaling to turn on the console.**

Make sure that the power cord is properly plugged in (see page 10). Next, press any button on the console or begin pedaling to turn on the console. After a few seconds, the console displays will light. A tone will then sound and the console will be ready for use.

**2 Select the manual mode.**

When the power is turned on, the manual mode will be selected. If you have selected a program or the iFIT.com mode, reselect the manual mode by pressing the Program button repeatedly until a track appears in the matrix.
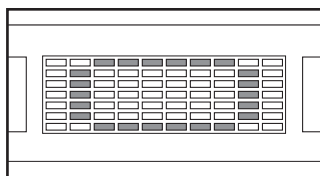
**3 Begin pedaling and change the resistance of the elliptical exerciser as desired.**

As you pedal, change the resistance of the elliptical exerciser by pressing the Quick Resistance buttons. There are ten resistance levels. Note: After the buttons are pressed, it will take a moment for the elliptical exerciser to reach the selected resistance level.
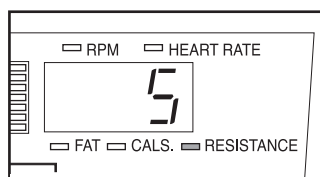
**4 Adjust the angle of the ramp as desired.**

As you pedal, change the angle of the ramp by pressing the Quick Ramp buttons. There are five ramp angles. Note: After the buttons are pressed, it will take a moment for the ramp to reach the selected angle.
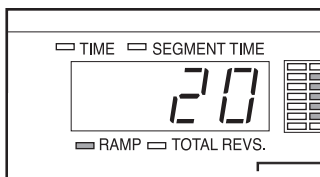
**5 Monitor your progress with the matrix, the Training Zone bar, and the two displays.**

**The matrix**— When the manual mode or the iFIT.com mode is selected, the matrix will show a track representing 440 revolutions (a distance of approximately 1/4 mile). As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.
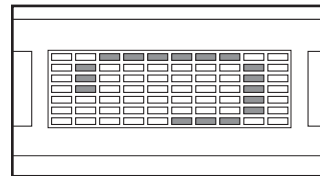
**The Training Zone bar**—The Training Zone bar will show your pace and the approximate intensity level of your exercise. For example, if three or four indicators in the bar are lit, the bar shows that your pace is ideal for weight loss. During programs, the Training Zone bar will also prompt you to increase or decrease your pace.
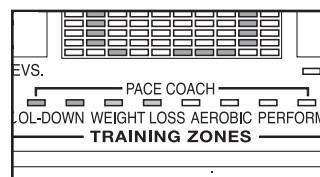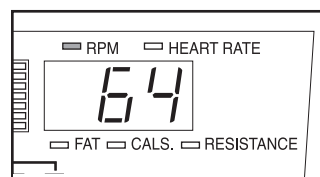
**The left display**— The left display will show the elapsed time, the angle of the ramp, and the total number of revolutions you have pedaled. The display will change from one number to the next every few seconds, as shown by the indicators around the display. Note: When a program is selected, the display will show the time remaining in the program and the time remaining in the current segment of the program instead of the elapsed time.
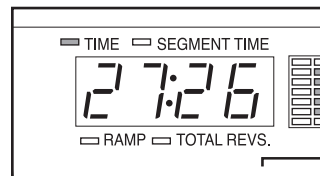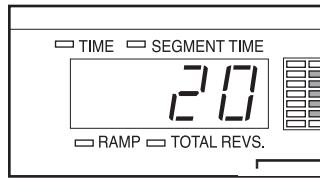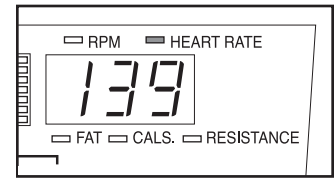
**The right display**—The right display will show your pedaling pace (in revolutions per minute [RPM]), the approximate numbers of *fat calories* and *calories* you have burned (see FAT BURNING on page 23), and the resistance level of the elliptical exerciser. The display will change from one number to the next every few seconds, as shown by the indicators around the display. Note: When you use the handgrip pulse sensor or the optional chest pulse sensor, the display will show your heart rate instead of the resistance level.

Note: The console can show the total number of hours that the elliptical exerciser has been used and the total number of revolu-



tions pedaled. To view this information, hold down the Program button for about three seconds. The left display will show the total number of hours that the elliptical exerciser has been used. Press the Start button. The left display will then show the total number of revolutions pedaled, divided by 100 (for example, the number 96 in the display equals to 9,600 revolutions). When you are finished viewing this information, press the Program button again.

**6** **Measure your heart rate if desired.**

**Note: If you hold the handgrip pulse sensor and wear the optional chest pulse sensor at the same time, the console will not display your heart rate accurately.**

**If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic.** To measure your heart rate, hold the contacts; your palms must be resting on the upper contacts, and your fingers must be touching the lower contacts. **Avoid moving your hands.**



Contacts

When your pulse is detected, the Heart Rate indicator above the right display will begin to flash, one or two dashes (– –) will



appear in the right display, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.
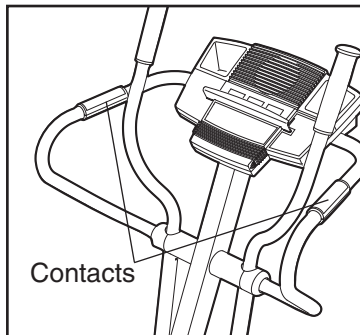
Note: If you continue to hold the pulse sensor, the right display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; never use alcohol, abrasives, or chemicals.

**7** **Turn on the fan if desired.**

To turn on the fan at low speed, press the Fan button. Pivot the fan to the desired angle. To turn on the fan at high speed, press the Fan button a second time. To turn off the fan, press the Fan button a third time.

**8** **When you are finished exercising, the console will automatically turn off.**

If the pedals are not moved for several seconds, a tone will sound, the console will pause, and the time will begin to flash in the left display. If the pedals are not moved for about five minutes, the console will turn off and the displays will be reset.
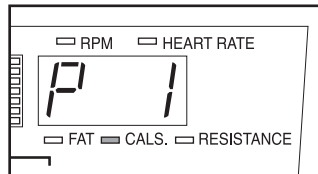
## HOW TO USE RESISTANCE AND PACE PROGRAMS

**1 Press any button on the console or begin pedaling to turn on the console.**

See step 1 on page 12.

**2 Select one of the six resistance and pace programs.**

When the power is turned on, the manual mode will be selected. To select a resistance and pace program, press the Program button repeatedly until "P 1," "P 2," "P 3," "P 4," "P 5," or "P 6" appears in the right display.

```
⊏ RPM      ⊏ HEART RATE

 P    1

⊏ FAT ⊏ CALS. ⊏ RESISTANCE
```

When a resistance and pace program is selected, the matrix will show the first ten resistance settings of the program. The left display will show how long the program will last.

**3 Press the Start button or begin pedaling to start the program.**

Each program is divided into several time segments of different lengths. One resistance setting and one pace setting are programmed for each segment. Note: The same resistance setting and/or pace setting may be programmed for two or more consecutive segments.
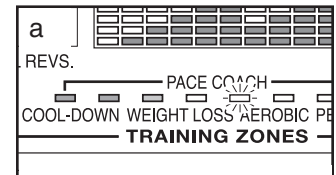
The resistance setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The pace settings are not shown in the matrix.) The resistance settings for the next several segments will be shown in the columns to the right.
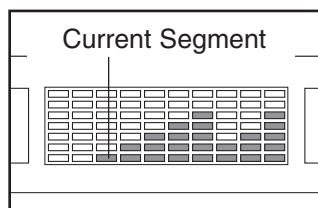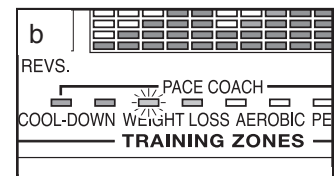
Current Segment

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a

series of tones will sound, and *all resistance settings will move one column to the left.* The resistance setting for the second segment will then be shown in the flashing Current Segment column and the resistance of the elliptical exerciser will automatically change to the resistance setting for the second segment. Note: If all of the indicators in the Current Segment column are lit after the resistance settings have moved to the left, *the resistance settings will move downward* so that only the highest indicators appear in the matrix.

As you exercise, the Training Zone bar will help you to keep your pedaling pace near the pace setting for the current segment. The lit indicators in the bar will show your actual pace. If an indicator to the *right* of the lit indicators is flashing (see drawing a), increase your pace. If an indicator to the *left* of any lit indicator is flashing (see drawing b), decrease your pace. When no indicator is flashing, your pace matches the pace setting for the current segment. **Important: The pace settings are intended only to provide motivation. Your actual pace may be slower than the current pace setting. Make sure to exercise at a pace that is comfortable for you.**

a
REVS.
PACE COACH
COOL-DOWN WEIGHT LOSS AEROBIC PE
**TRAINING ZONES**

b
REVS.
PACE COACH
COOL-DOWN WEIGHT LOSS AEROBIC PE
**TRAINING ZONES**

The program will continue until the resistance setting for the last segment is shown in the Current Segment column of the matrix and no time remains in the program.

Note: During the program, you can override the resistance setting, if desired, by pressing the Quick Resistance buttons. However, when the next segment begins, the resistance will automatically change if a different resistance setting is programmed for the next segment. If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

**4** **Adjust the angle of the ramp as desired.**

See step 4 on page 12.

**5** **Monitor your progress with the two displays.**

See step 5 on page 12.

**6** **Measure your heart rate if desired.**

See step 6 on page 13.

**7** **Turn on the fan if desired.**

See step 7 on page 13.

**8** **When you are finished exercising, the console will automatically turn off.**

See step 8 on page 13.

Heart rate program 7 is designed to keep your heart rate between 50% and 85% of your *estimated maximum heart rate* during your workout. (Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190.) Heart rate program 8 is designed to keep your heart rate near a target heart rate that you choose.
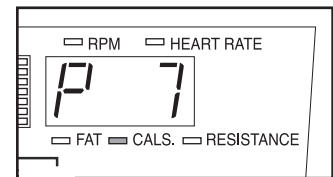
Follow the steps below to use a heart rate program.

**1** **Press any button on the console or begin pedaling to turn on the console.**

See step 1 on page 12.

**2** **Select one of the heart rate programs.**

When the power is turned on, the manual mode will be selected. To select a heart rate program, press the Program button repeatedly until "P 7" or "P 8" appears in the right display.

During heart rate programs, the matrix will display a graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear in the matrix.
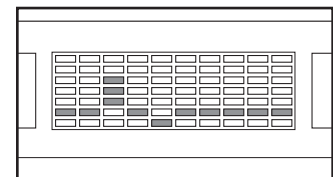
**3** **Enter your age or a target heart rate setting.**

**If you have selected heart rate program 7,** the word "AGE" and the current age setting will flash in the left display. If you have already entered your age, press the Enter button and go to step 4. If you have not entered your age, press the – and + buttons repeatedly to enter your age, and then press the Enter button. Once you have entered your age, it will be saved in memory.

15
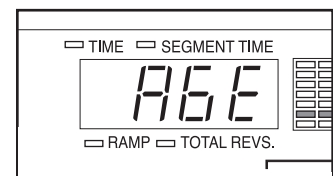
**If you have selected heart rate program 8,** the letters "PLS" and the current target heart rate setting will flash in the left display. Press the – and + buttons repeatedly to change the target heart rate setting, if desired. The target heart rate setting can be from 70 to 170 beats per minute.
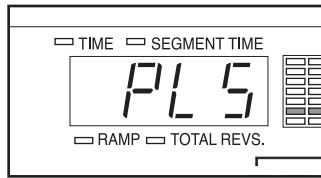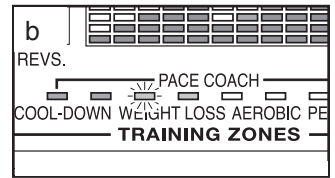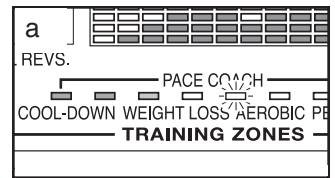
**4** **Hold the handgrip pulse sensor.**

To use a heart rate program, you must use the handgrip pulse sensor (see step 6 on page 13) or the optional chest pulse sensor. If you use the handgrip pulse sensor, it is not necessary to hold the handgrips continuously during the program. However, you should hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrips, the letters "PLS" will appear in the right display instead of your heart rate.

**5** **Press the Start button or begin pedaling to start the program.**

**Heart rate program 7** consists of 20 one-minute segments. One resistance setting and one target heart rate setting are programmed for each segment. (The same resistance setting and/or target heart rate setting may be programmed for two or more consecutive segments.) During the program, the resistance of the elliptical exerciser will periodically change. **Heart rate program 8** is 60 minutes long (you may choose to use only part of the program). The same resistance setting and target heart rate setting are programmed for the entire program.

At the end of each segment, a series of tones will sound. The resistance of the pedals will then change if a different resistance setting is programmed for the next segment. Note: If the resistance is too high or too low, you can adjust the resistance by pressing the Quick Resistance buttons. However, when the next segment begins, the resistance will automatically change if a different resistance setting is programmed for the next segment.

As you exercise, the Training Zone bar will help you to keep your heart rate near the current target heart rate setting. The lit indicators in the bar will show your actual pace. When you wear the chest pulse sensor or hold the handgrip pulse sensor, the console will periodically compare your heart rate to the target heart rate setting; if necessary, an indicator in the bar will then flash to prompt you to increase or decrease your pace to bring your heart rate closer to the target heart rate setting. If an indicator to the *right* of the lit indicators is flashing (see drawing a), increase your pace. If an indicator to the *left* of any lit indicator is flashing (see drawing b), decrease your pace. When no indicator is flashing, your heart rate is near the target heart rate setting. **Important: The target heart rate settings are intended only to provide motivation. Your actual heart rate may be slower than the target heart rate settings. Make sure to exercise at a pace that is comfortable for you.**

The program will continue in this way until the left display shows that no time remains in the program.

Note: If you stop pedalling for several seconds, a tone will sound and the program will end. Heart rate programs cannot be stopped temporarily and then restarted.

**6** **Monitor your progress with the two displays.**

See step 5 on page 12.

**7** **Turn on the fan if desired.**

See step 7 on page 13.

**8** **When you are finished exercising, the console will automatically turn off.**

See step 8 on page 13.

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## HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

**To use iFIT.com CDs**, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 17 to 18 for connecting instructions. **To use iFIT.com videocassettes**, the elliptical exerciser must be connected to your VCR. See page 19 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the elliptical exerciser must be connected to your home computer. See page 18 for connecting instructions.
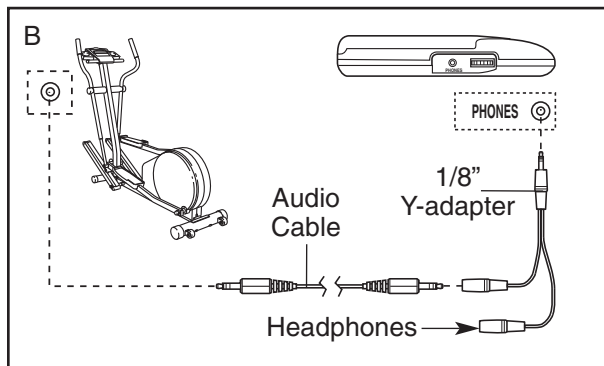
### HOW TO CONNECT YOUR PORTABLE CD PLAYER

**Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.**

A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.
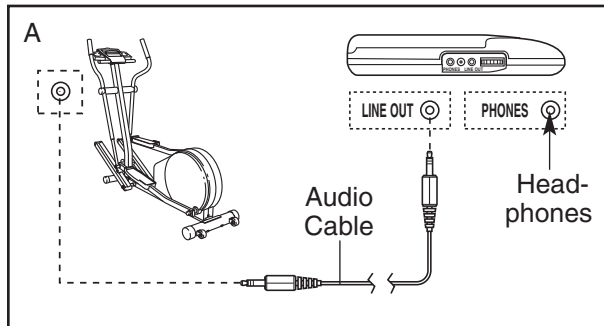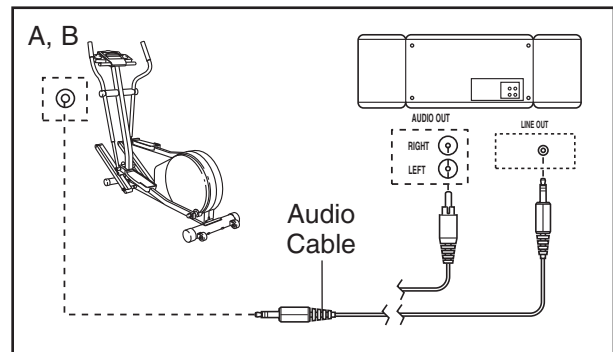


B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.
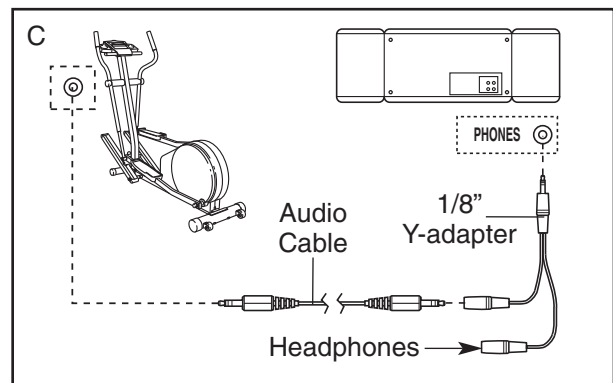


## HOW TO CONNECT YOUR PORTABLE STEREO

**Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 1/8" LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.**

A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.



B. See the drawing above. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.

C. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.

## HOW TO CONNECT YOUR HOME STEREO

**Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.**

A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.
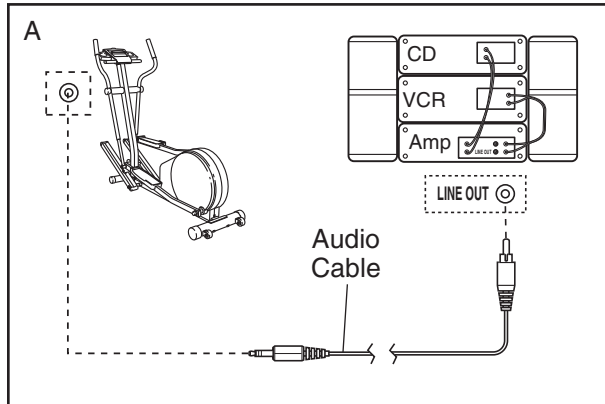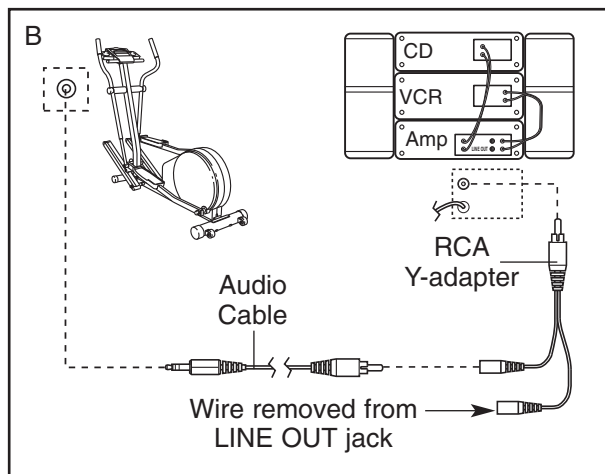


B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.



## HOW TO CONNECT YOUR COMPUTER

**Note: If your computer has a 1/8" LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.**

A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.



B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.
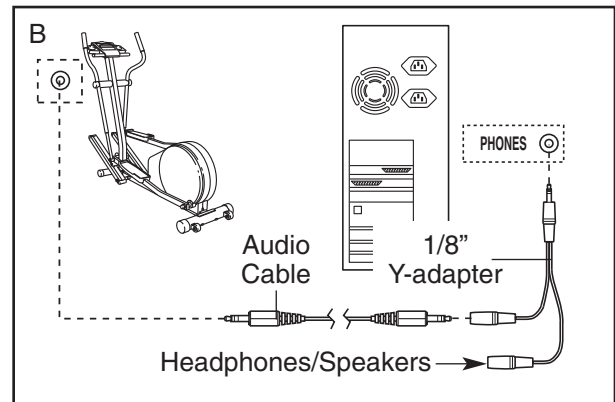
**HOW TO CONNECT YOUR VCR**

**Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 18.**
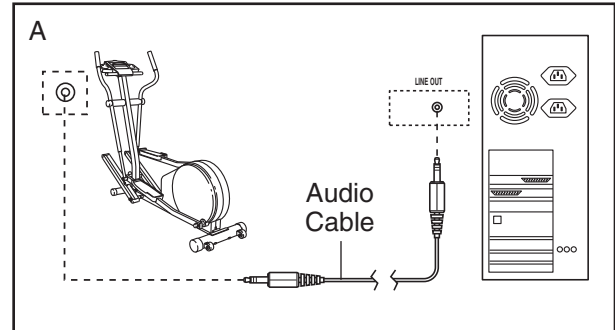
A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.

B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.

A

AUDIO OUT
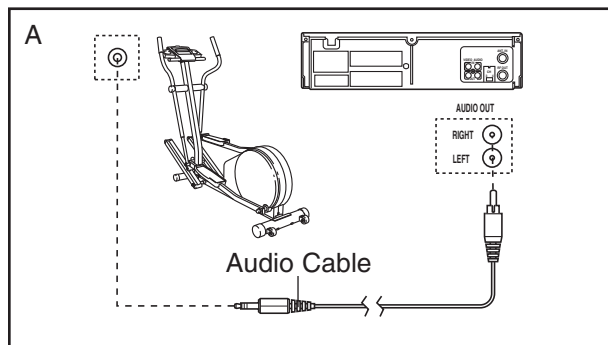RIGHT
LEFT

Audio Cable

B

RCA Y-adapter
Audio Cable
Wire removed from
AUDIO OUT jack
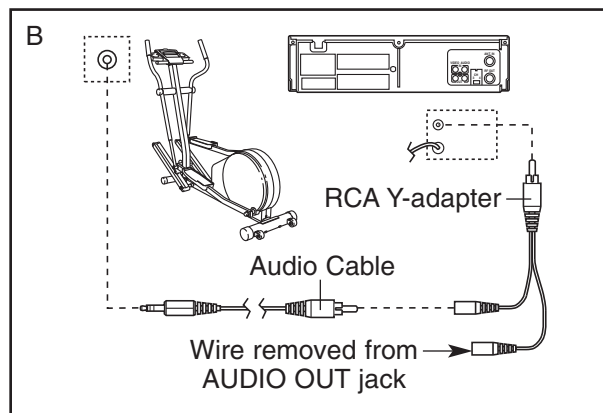
## HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 17. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-888-936-4266.**

Follow the steps below to use an iFIT.com CD or video program.
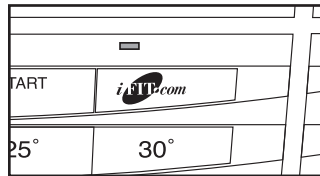
**1 Press any button on the console or begin pedaling to turn on the console.**

See step 1 on page 12.

**2 Select the iFIT.com mode.**

When the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator above the button will light.

**3 Insert the iFIT.com CD or videocassette.**

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

**4 Press the play button on your CD player or VCR.**

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a resistance and pace program (see step 3 on page 14). However, an electronic "chirping" sound will alert you when the resistance setting and/or the pace setting is about to change.

**Note: If the resistance of the elliptical exerciser and/or the pace setting does not change when a "chirp" is heard:**

• **Make sure that the indicator above the iFIT.com button is lit.**

• **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**

• **Make sure that the audio cable is properly connected and that it is fully plugged in.**

**5 Adjust the angle of the ramp as desired.**

See step 4 on page 12.

**6 Monitor your progress with the two displays.**

See step 5 on page 12.

**7 Measure your heart rate if desired.**

See step 6 on page 13.

**8 Turn on the fan if desired.**

See step 7 on page 13.

**9 When you are finished exercising, the console will automatically turn off.**

See step 8 on page 13.

## HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to play iFIT.com audio and video programs directly from the internet. To use programs from our Web site, the elliptical exerciser must be connected to your home computer. See HOW TO CONNECT YOUR HOME COMPUTER on page 18. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.
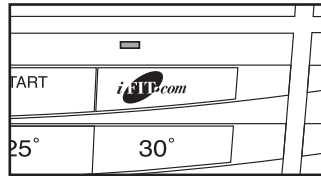
Follow the steps below to use a program from our Web site.

**1   Press any button on the console or begin pedaling to turn on the console.**

See step 1 on page 12.

**2   Select the iFIT.com mode.**

When the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button.



The indicator above the button will light.

**3   Go to your computer and start an internet connection.**

**4   Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.**

**5   Follow the desired links on our Web site to select a program.**

Read and follow the on-line instructions for using a program.

**6   Follow the on-line instructions to start the program.**

When you start the program, an on-screen countdown will begin.

**7   Return to the elliptical exerciser and begin pedaling.**

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a resistance and pace program (see step 3 on page 14). However, an electronic "chirping" sound will alert you when the resistance setting and/or the pace setting is about to change.

**8   Monitor your progress with the two displays.**

See step 5 on page 12.

**9   Measure your heart rate if desired.**

See step 6 on page 13.

**10   Turn on the fan if desired.**

See step 7 on page 13.

**11   When you are finished exercising, the console will automatically turn off.**

See step 8 on page 13.

### THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call toll-free 1-888-936-4266.**
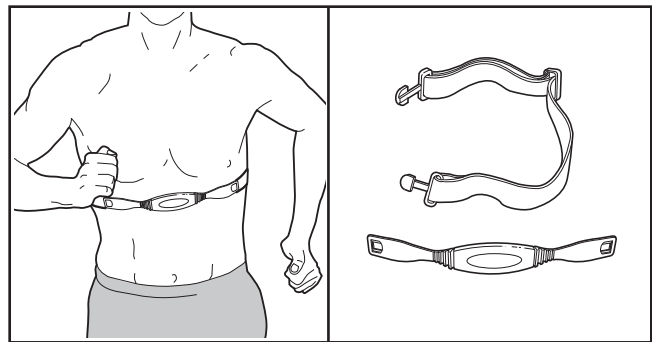
# MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

For smooth operation of the elliptical exerciser, **inspect and clean the ramp regularly** using a soft cloth and mild detergent. Other parts of the elliptical exerciser can also be cleaned in this way. **Keep liquids off the console. Never use abrasives or solvents.**

Ramp
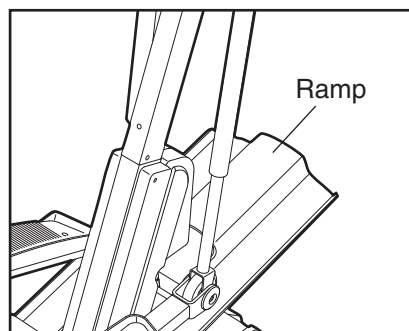
### PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 6 on page 13.

### HOW TO CALIBRATE THE INCLINE SYSTEM

If the elliptical exerciser's incline system is not working properly, activate the calibration process by following the steps below.

1. Hold down the + button and the Program button at the same time for about five seconds. Note: Numbers may appear in the left and right displays. Disregard these numbers.

2. Press the Program button again. Note: A combination of letters and numbers may appear in the displays.

3. Press the 30° Ramp button. The ramp will move all of the way up and then all of the way down.

4. Press the Program button three times. The console will then be in the normal operating mode and the elliptical exerciser will be ready for use.

### HOW TO MOVE THE ELLIPTICAL EXERCISER

Stand in front of the elliptical exerciser, hold the handlebars firmly, and place one foot against the ramp in the location shown below. Pull the handlebars until the elliptical exerciser can be moved on the front wheels, and carefully move the elliptical exerciser to the desired location. Then, place one foot against the ramp, and lower the elliptical exerciser. **Due to the size and weight of the elliptical exerciser, use extreme caution while moving and lowering it.**

Handlebars

Place your foot here

Wheel
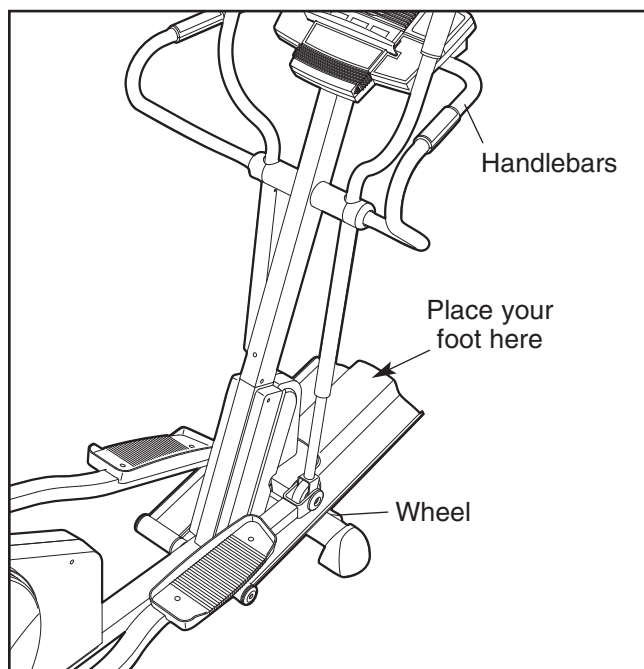
### HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks during use, turn one or both of the leveling feet under the rear stabilizer until the rocking motion is eliminated.

Leveling Foot
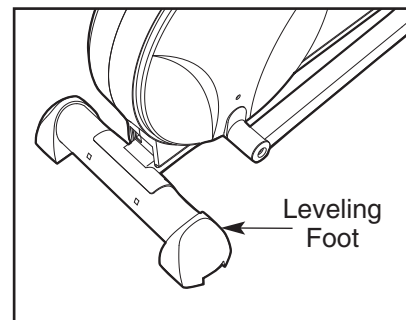
# CONDITIONING GUIDELINES

## ⚠ WARNING:

**Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

**The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

### EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

| 165 | 155 | 145 | 140 | 130 | 125 | 115 | 💗 |
| 145 | 138 | 130 | 125 | 118 | 110 | 103 | 🖤 |
| 125 | 120 | 115 | 110 | 105 | 95 | 90 | ❤ |
| 20 | 30 | 40 | 50 | 60 | 70 | 80 | |

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

### Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

### Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

### WORKOUT GUIDELINES

Each workout should include the following three parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training zone exercise**, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

**A cool-down**, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

### EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. HRCCEL59930

To locate the parts listed below, see the EXPLODED DRAWING on pages 26 and 27.

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---|---|---|---|---|---|
| 1 | 1 | Frame | 53 | 1 | Reed Switch Bracket |
| 2 | 1 | Upright | 54 | 1 | Clamp |
| 3 | 1 | Ramp | 55 | 1 | Reed Switch/Wire |
| 4 | 1 | Left Pedal Leg | 56 | 1 | Return Spring |
| 5 | 1 | Right Pedal Leg | 57 | 3 | M10 Split Washer |
| 6 | 1 | Rear Stabilizer | 58 | 1 | Resistance Cable |
| 7 | 2 | Rear Stabilizer Endcap | 59 | 1 | Flywheel Axle |
| 8 | 1 | Front Stabilizer | 60 | 2 | Flywheel Bearing |
| 9 | 2 | Front Stabilizer Endcap | 61 | 1 | Eye Bolt |
| 10 | 1 | Left Pedal | 62 | 1 | Adjustment Bracket |
| 11 | 1 | Right Pedal | 63 | 2 | M10 x 92mm Carriage Bolt |
| 12 | 1 | Incline Motor | 64 | 2 | M6 Washer |
| 13 | 1 | Incline Axle | 65 | 2 | M8 x 63mm Bolt Set |
| 14 | 1 | Pivot Axle | 66 | 2 | M8 Washer |
| 15 | 1 | Left Side Shield | 67 | 2 | M10 x 60mm Button Bolt |
| 16 | 1 | Right Side Shield | 68 | 2 | Handlebar Bushing |
| 17 | 1 | Console | 69 | 4 | M5 x 25mm Screw |
| 18 | 2 | Flywheel Cover | 70 | 1 | Stop Bolt |
| 19 | 1 | Arm Axle | 71 | 2 | Flywheel Washer |
| 20 | 2 | Pulse Sensor w/Wire | 72 | 1 | M10 x 68mm Button Bolt |
| 21 | 1 | Right Incline Cover | 73 | 2 | Pedal Leg Spacer |
| 22 | 1 | Left Incline Cover | 74 | 1 | Idler Screw |
| 23 | 1 | Right Handlebar | 75 | 1 | Stop Bracket |
| 24 | 1 | Left Handlebar | 76 | 4 | M6 x 16mm Patch Screw |
| 25 | 1 | Handlebar Cover | 77 | 2 | M6 Nut |
| 26 | 2 | Axle Cover | 78 | 4 | M5 x 12mm Bolt |
| 27 | 1 | "J"-Bolt | 79 | 4 | M5 Washer |
| 28 | 2 | Pedal Wheel | 80 | 2 | M5 x 6mm Screw |
| 29 | 4 | Wheel Bearing | 81 | 6 | Upper Body Bushing |
| 30 | 2 | Frame Bushing | 82 | 2 | 5/16" x 25mm Flange Screw |
| 31 | 2 | Upper Body Leg | 83 | 4 | M6 x 48mm Flat Head Screw |
| 32 | 1 | "C" Magnet | 84 | 2 | Upper Body Grip |
| 33 | 4 | Pedal Leg Cover | 85 | 4 | M8 x 42mm Button Bolt |
| 34 | 1 | Left Crank Arm | 86 | 6 | M8 Nylon Jam Nut |
| 35 | 1 | 29.5mm Pulley Spacer | 87 | 2 | Upper Body Foam Grip |
| 36 | 1 | Flywheel | 88 | 4 | M8 Nylon Locknut |
| 37 | 1 | Magnet | 89 | 8 | M10 Nylon Locknut |
| 38 | 1 | Pulley/Crank | 90 | 2 | Sleeve |
| 39 | 1 | Control Box Cover | 91 | 2 | Axle Cover Endcap |
| 40 | 1 | Control Board | 92 | 1 | Power Socket |
| 41 | 1 | Control Box | 93 | 1 | Power Cord |
| 42 | 1 | Lower Wire Harness | 94 | 4 | #8 x 9.5mm Screw |
| 43 | 1 | Plastic Washer | 95 | 1 | Upper Wire Harness |
| 44 | 2 | Crank Bearing | 96 | 1 | M4 x 16mm Round Head Screw |
| 45 | 1 | Idler | 97 | 7 | M5 x 16mm Screw |
| 46 | 2 | Foot | 98 | 16 | M4 x 16mm Screw |
| 47 | 4 | Ramp Bushing | 99 | 2 | Ramp Spacer |
| 48 | 2 | Ramp Cover | 100 | 4 | M5 Nylon Locknut |
| 49 | 1 | Incline Sensor | 101 | 1 | Pulse Extension Wire |
| 50 | 1 | Sensor Cover | 102 | 1 | Right Crank Arm |
| 51 | 2 | Pedal Leg Bushing | 103 | 1 | M6 Nylon Locknut |
| 52 | 1 | Resistance Motor | 104 | 1 | Belt |

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|-------------|---------|------|-------------|
| 105 | 2 | M8 x 35mm Button Bolt | 114 | 3 | M10 x 25mm Button Screw |
| 106 | 2 | Upper Foam Grip | 115 | 2 | M10 x 105 Carriage Bolt |
| 107 | 2 | Lower Foam Grip | 116 | 2 | M4 x 58mm Screw |
| 108 | 1 | M4 x 63.5mm Tek Screw | 117 | 2 | Incline Motor Bushing |
| 109 | 2 | Wheel | 118 | 1 | Right Upper Body Arm |
| 110 | 4 | Wheel Bushing | 119 | 2 | Outer Pedal Leg Bushing |
| 111 | 2 | M8 x 19mm Patch Screw | # | | Allen Wrench |
| 112 | 1 | Left Upper Body Arm | # | | User's Manual |
| 113 | 2 | Torque Washer | | | |

Note: # indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. HRCCEL59930

To identify the parts shown below, see the PART LIST on pages 24 and 25.

27
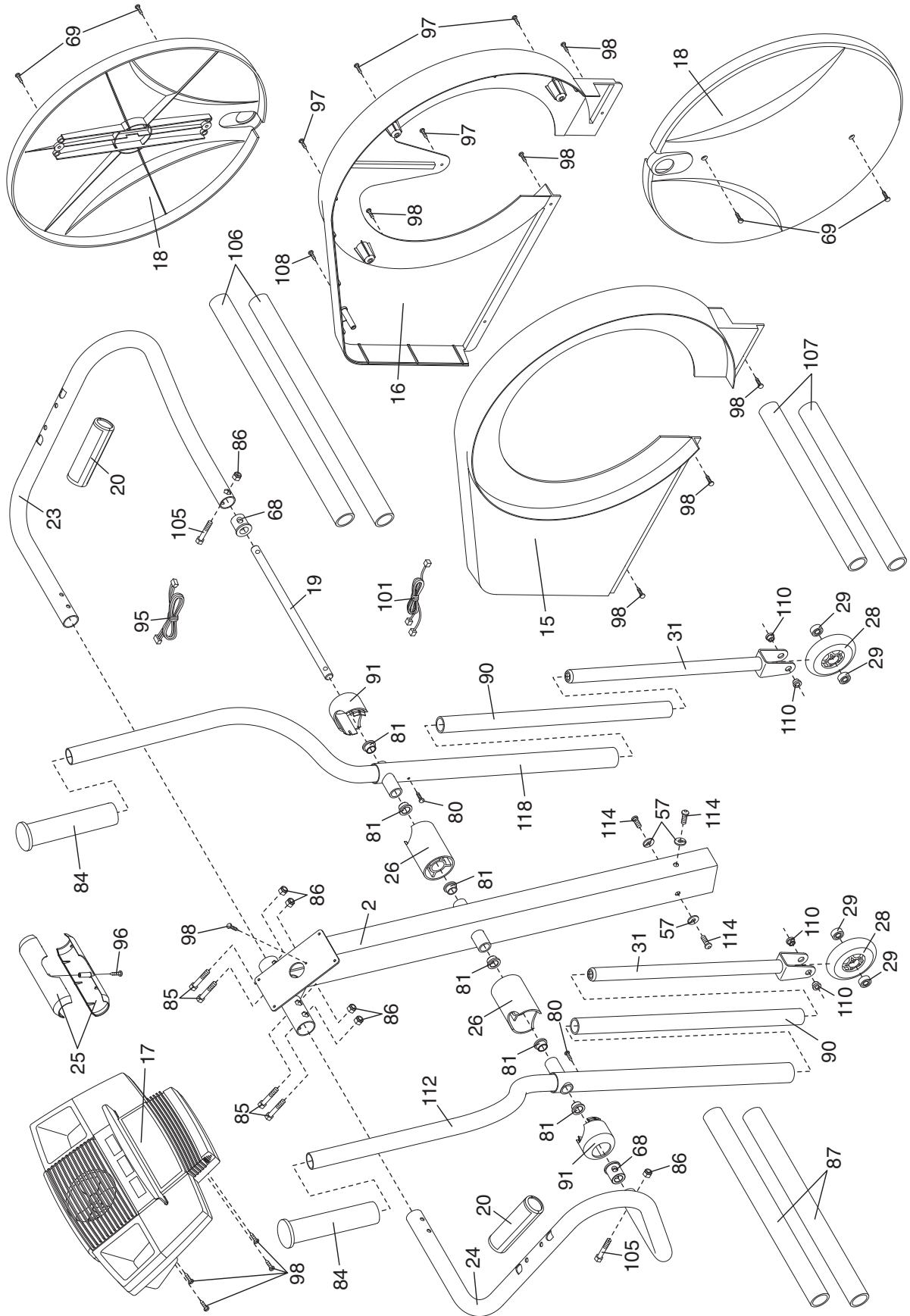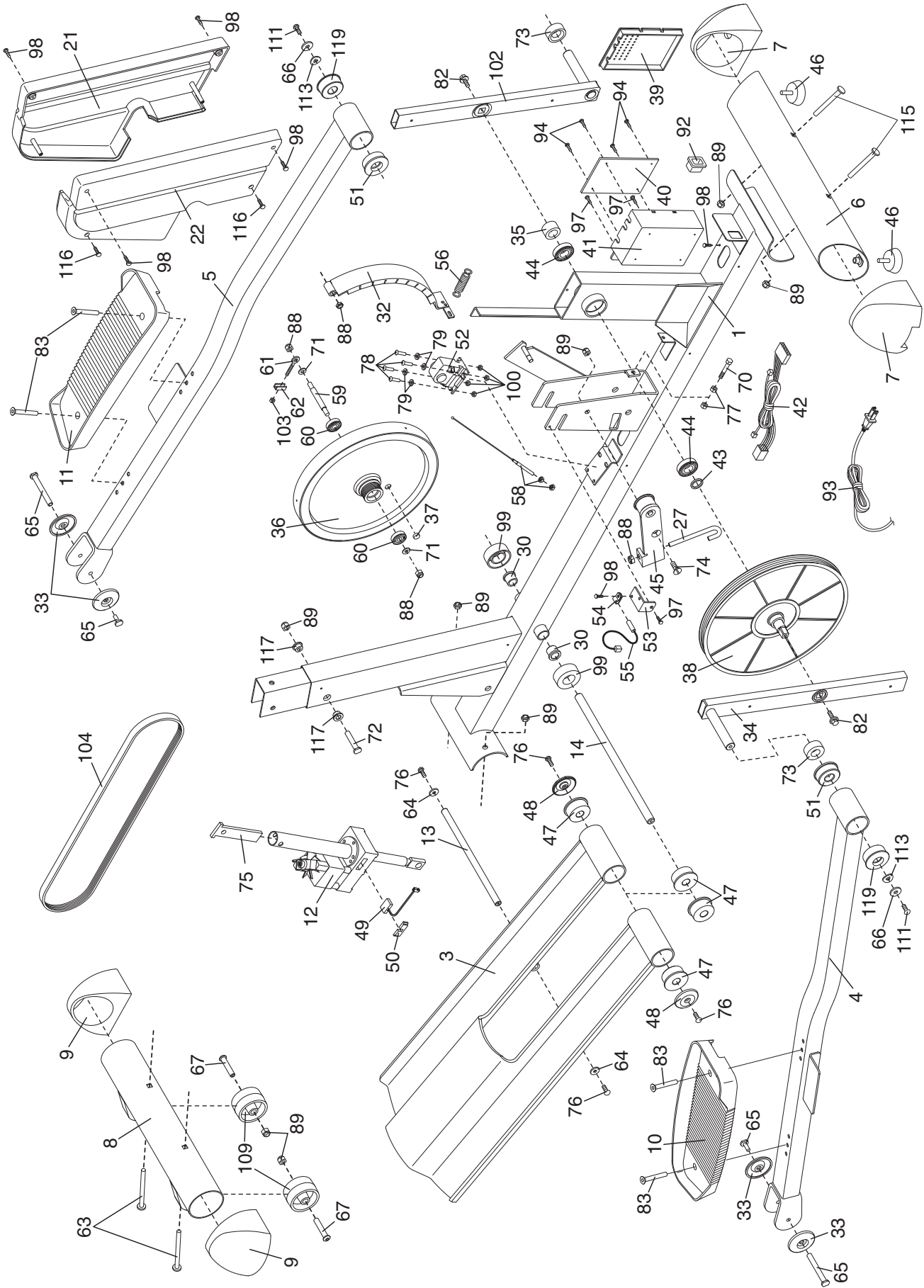
# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, call our customer service department toll-free at **1-888-936-4266**, Monday through Friday 8h00 until 18h30 eastern time (excluding holidays). When ordering parts, please be prepared to give the following information:

• The MODEL NUMBER of the product HRCCEL59930)

• The NAME of the product (HealthRider® AIRE STRIDER E60 elliptical exerciser)

• The SERIAL NUMBER of the product (see the front cover of this manual)

• The KEY NUMBER and DESCRIPTION of the part(s) (see pages 24 to 27)

# LIMITED WARRANTY

ICON OF CANADA, INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of 90 days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

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